

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.



Workplace Services

"Healthy Ideas For A Healthy Workplace"

BecauseWeCare

November 2003

A workplace wellness message from your American Cancer Society



The Facts Behind Weight Loss

The myths and facts of weight loss and good nutrition are many and are as varied as all the diet plans out there.

Myth:

Fast foods should never be a part of a diet plan.

Fact:

- Today's fast food restaurants have menus that reflect our nation's move towards healthier eating.
- Most offer a variety of salads, with grilled chicken and low-fat dressing.

Myth:

Eating less will allow me to lose weight.

Fact:

- The only way to lose weight is to burn off more calories than you take in.
- It doesn't help to reduce your caloric intake if you still retain a sedentary lifestyle.
- Exercise is a must.

Myth:

Desserts are out of the question.

Fact:

- Everything in moderation.
- Allow yourself an occasional indulgence.
- Totally deprive yourself of life's little pleasures and you may find yourself sitting in front of the refrigerator at 3 a.m., finishing off a half-gallon of double fudge ripple ice cream.

Myth:

Skipping meals is a sure way to lose weight.

Fact:

- Skipping meals can cause weight loss, but only in the short run.
- You will eat more by sneaking snacks or eating too much during meals.
- Eating up to five smaller meals during the day or three healthy meals will go a long way to healthy eating habits.

Myth:

Cutting out fat will reduce my weight.

Fact:

- It is virtually impossible to cut out all fat.
- A certain amount of dietary fats are necessary to continue our brain's functions and the well being of our bodies.

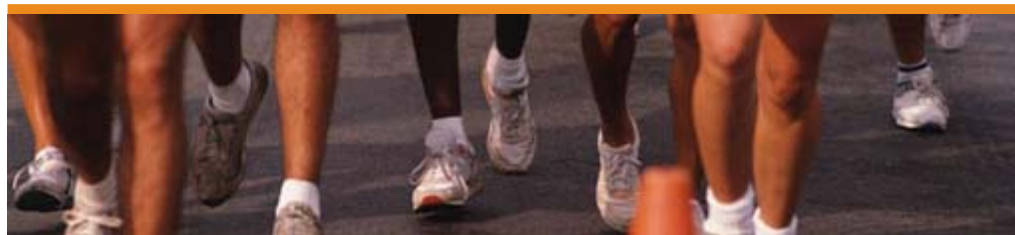
In This Issue

- Myth & Facts
- Eat Out, Watch Out, Check This Out
- Red "e"-recipe



click on this symbol throughout this e-newsletter for interactive simple solutions

The bottom line is you have to eat healthy and stay in shape!





Eat Out, Watch Out

You are the only one that can look out for you and your family when eating out. Don't let those calories get the best of you. Here are some easy and fun ways to watch out while eating out.

Plan Ahead:

- Plan on a light lunch if you'll eat out at dinnertime.
- Try not to show up at the restaurant famished!
- If you'd like to splurge on a higher calorie entrée, not dessert.
- Stick to your plan once in the restaurant.

Ordering Tips:

- It's all about portions. Try an appetizer instead of dinner.
- Share a meal with a friend and order an extra side salad.
- A la carte should become your motto.
- Look for those heart healthy meals. They are less fattening.
- Ask for grilled, steamed, or sauce on the side instead of the usual.
- Remove nibbling temptations, such as bread & butter, chips & peanuts.

Instead of...

Instead of: Double cheeseburger
Try This: Cheeseburger
You save 280 calories

Instead of: Super fries
Try This: Small fries
You save 330 calories

Instead of: Large soda
Try This: Medium soda
You save 100 calories

Instead of: Soda
Try This: Water
You save 210 calories

Instead of: Breaded chicken
Try This: Grilled chicken
You save 205 calories

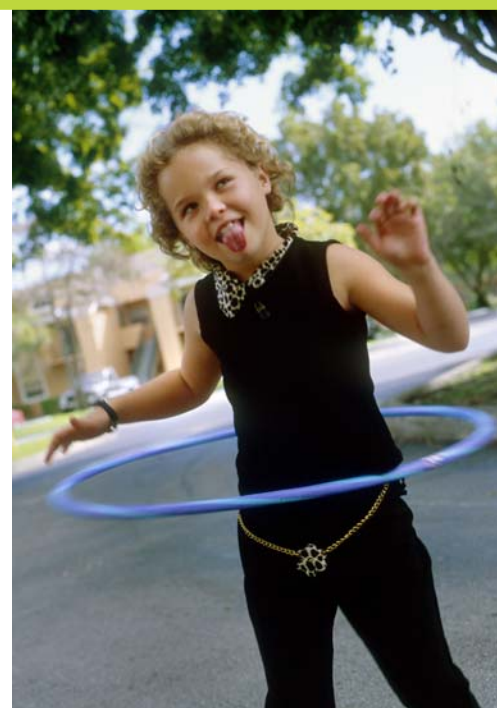
Try This

Kids OnThe Move

Nearly half of all young people 12 to 21 years old do not engage in regular vigorous activity. As a result, the number of obese children and teens has nearly doubled during the past two decades —putting them at increased risk for diabetes, cancer, and heart disease.

Kids develop habits early in life, and you can help give them a healthy start. It's time to take charge and help our kids move:

- A quick game of hide and seek or a pickup basketball game.
- Give the toys that can help them move - scooter, skateboard, pogo stick, roller blades, a badminton set, a jump rope, tap shoes, music for dancing.
- Post a list of activities – let's hike around the neighborhood after school on Monday, help me plan the new roses on Wednesday, let's all go bowling on Saturday.
- Set limits on how much time they can watch TV and play video or computer games.
- Plan family events such as birthday parties, picnics, and vacations around fun and new activities.



A Foreign Affair

Going out to eat doesn't have to ruin your diet. Here are some low-fat options to consider when you visit your favorite Mexican and Italian places.

Mexican Food

Eating light at a Mexican restaurant can be done.... with the right choices.

- Whole-wheat tortillas, corn tortillas, soft tacos
- Marinated vegetables, grilled chicken, fish Vera Cruz style,
- Fish tacos (grilled fish, coleslaw light on mayonnaise, chopped tomato, salsa)
- Sour cream blended with non-fat yogurt, baked chips
- And of course salsa – tastes great and contributes to your vegetable count

Italian Food

This Mediterranean diet has been described as one way to avoid heart disease.

- Pasta E Fagioli (flavorful pasta with white beans)
- Minestrone soup
- Crusty bread, go light or skip the butter and olive oil
- Pasta with marinara (red sauce)—add meatballs but skip the meat sauce, or try red clam sauce instead.
- Chicken cacciatore (tomato based sauce)
- Fruit for dessert



Check This Out!

Right after you stop exercising, take your pulse: Place the tips of your first two fingers lightly over one of the blood vessels on your neck, just to the left or right of your Adam's apple. Or try the pulse spot inside your wrist just below the base of your thumb.

Count your pulse for 10 seconds and multiply the number by 6.

Check your pulse periodically to see if you are exercising within your target zone. As you get in better shape, try exercising within the upper range of your target zone.

At 25 ... your target heartrate is 98-146 beats per minute.

At 35 ... your target heartrate is 93-138 beats per minute.

At 45 ... your target heartrate is 88-131 beats per minute.

At 55 ... your target heartrate is 83-123 beats per minute.

At 65 ... your target heartrate is 78-116 beats per minute.



Click here to enter your age and compute your target heartrate for your best work-out

Active For Life

Does your work environment seem a bit sluggish? Would you like to:

- **Encourage teamwork**
- **Boost morale**
- **Improve employee health and fitness**
- **Reduce absenteeism, turnover and medical costs**

Active for Life is a 10-week program encouraging employees to be more active on a regular basis by setting individual goals and forming teams for motivation and support.

- **Everyone's different**, participants set their own goals based on how active they are, and how active they want to be.
- **Participants** receive a point for each minute they are active daily and record the number of points they earn toward their total point goal.
- **Teammates** encourage and motivate each other, and teams are rewarded as members make progress toward their goals.



Click here and start Active for Life.

Mulled Punch

This warm punch will make your whole home smell delicious.

4 cups cranberry-raspberry drink
2 cups orange-strawberry-banana juice
1 teaspoon whole allspice
2 orange-and-spice tea bags
5 3 x 3/4-inch lemon rind strips
1 3-inch cinnamon stick
1/4 cup sweetened dried cranberries
1/4 cup diced dried apricots
2 tablespoons sugar
cinnamon sticks (optional)

Pour the juices into a large saucepan or Dutch oven. Add allspice, tea bags, lemon rinds, and cinnamon sticks to the liquid. Simmer the mixture for 30 minutes over medium-low heat.

Remove from heat; allow to cool for 30 minutes. Strain mixture. Discard solids and return juice mixture to pan. Add the dried fruits and sugar to the juice mixture. Simmer over medium-low heat for 30 minutes, stirring occasionally.

Ladle into mugs. Serve warm and garnish with a cinnamon stick, if desired. Makes approximately 6 cups. About 151 calories and .1 grams of fat per serving.



Click here to order your copy of the American Cancer Society - *Celebrate! Healthy Entertaining for Any Occasion*.

December Preview

- The Sharing Season
- Give & Take
- Tiny "e"-recipe

All content for BecauseWeCare is provided by the American Cancer Society.

For more information contained in this newsletter, to sign up for the newsletter or to find out more about the American Cancer Society programs, services and upcoming events please call 1.800.ACS.2345 or visit www.cancer.org

Fruit of the Month



Cranberries

History:

The cranberry is indigenous to North America. When the first colonists arrived from Europe, they found it growing in peat bogs and marshes. They first called it "craneberry" because before the plant's flower expanded, its stem, calyx, and petals resembled the neck, head and bill of a crane. Most of the world's cranberries are grown in five U.S. states and two Canadian provinces. Wisconsin produces 36% of the world's cranberry crop.

Nutrition information:

Cranberries are a good source of Vitamin C, as well as antioxidants that may reduce the risk of cancer, stroke and heart disease.

Quick cooking ideas:

Cranberries have become popular additions to baked goods. Add them to muffins, scones and breads for added color, tangy flavor, and a variety of health benefits.

A Scrumptious Book Club

A book club is a great way for families and friends to get together to discuss literature and life. Next time, choose a cookbook.

- Choose a cookbook with a theme – foreign country, vegetarian, or only smoothies.
- Schedule the party a few weeks in advance so guests have time to read it.
- Ask your guests to help serve a potluck and assign cooking homework to each.
- Send bookmark invitations, with party information on the back.
- Decorate with recipe cards and ask your guests to share their healthy recipes.
- Design healthy menus for the coming seasons.
- Share stories of family traditions or build new ones.

Welcome to your American Cancer Society bookstore. We offer books and journals that you can order online.



Click here to see which titles are available.